

## A Turn at the Front

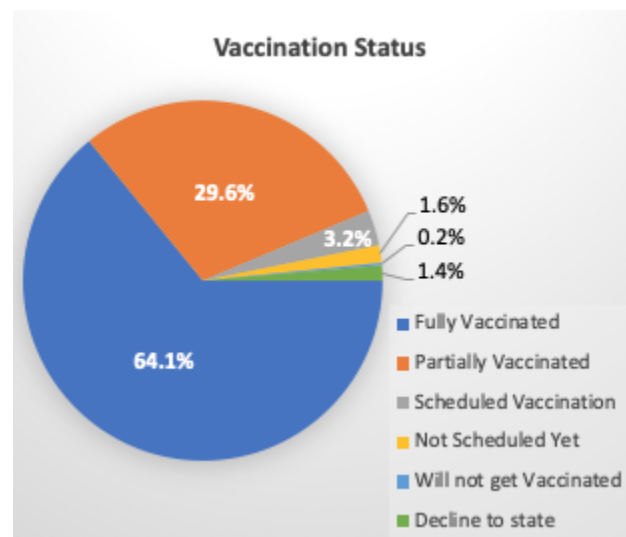
### Club Rides and Vaccination Poll Results

*David Schorow, Club President*



In mid-April I sent out a Flash Poll to survey members about their participation on club rides and their vaccination status. All responses were kept anonymous and participation was optional. 443 members filled out the poll, nearly half of our total membership (1009). Thank you to those who took the time to answer the two questions. The results are quite interesting.

Let me start with the second question querying people's vaccination status. Over 64% of the respondents are fully vaccinated, having received both shots of the Moderna or Pfizer vaccine, or the one-shot Johnson and Johnson vaccine. Another nearly 30% have received at least one vaccine shot from one of the two-shot vaccines. A whopping total of 93.7% of the respondents are either partially or fully vaccinated. Talk about Herd Immunity!



Turn at the Front continues on page 2

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## THE SEQUOI-TUAL 2021

**A CHALLENGINGLY  
 BEAUTIFUL  
 HYBRID/DIY  
 CYCLING EXPERIENCE  
 BENEFITTING THE  
 COASTSIDE COMMUNITY**

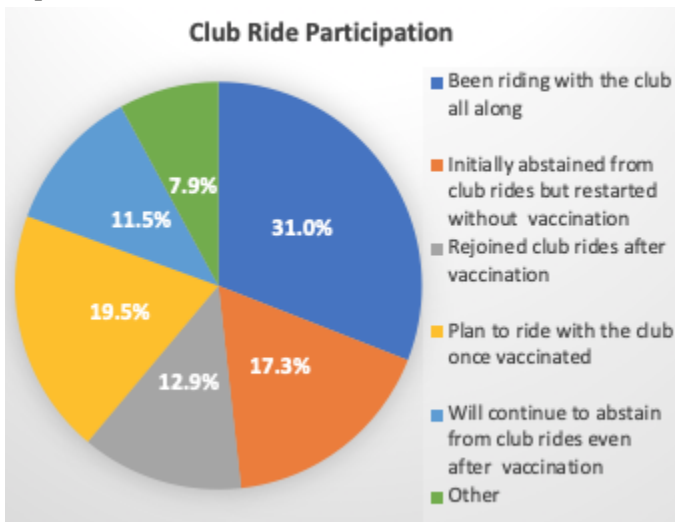
**TUESDAY JUNE 1 THRU  
 SUNDAY JUNE 6, 2021**

**Turn at the Front, from page 1**

From the chart you can see nearly 5% of the respondents have either scheduled their vaccinations or are working to schedule them. Only one person reported no intention to get vaccinated and 1.4% declined to answer.

It is clear the club is rapidly heading towards near total protection against the coronavirus. By the end of May, the 30% who reported being partially vaccinated will have received their second shot and many of the rest will be at least partially vaccinated. I expect we'll be close to 98% partially or fully vaccinated by then.

The data for the question on member's club riding status is more nuanced. 17.6% of the respondents say they are not riding with the club for reasons unrelated to COVID. These could be people who no longer live in the area, are not currently riding at all perhaps due to an injury, or enjoy being in the club but ride just with their friends. To better understand how COVID impacts members participating on club rides, I've removed that group of respondents from the data in chart below:



You can see in the chart that 31% have been riding with the club all along, feeling okay with being outdoors and socially distanced, while another 17% initially abstained from riding with the club but then started up again prior to being vaccinated, presumably because they missed riding with others. Together that's nearly 50% of the respondents. Another group started riding again after being vaccinated, bringing the total to over 60%. Nearly another 20% will start riding with the club once they are fully vaccinated, bringing club ride participation up to 80%.

The people who selected "Other" could fill in a status resulting in a large variety of responses. Several people are

just new to the club and haven't yet started riding on club rides. Other people are waiting for things to get closer to "normal" either generally like more of the state population being vaccinated or specifically the club rides returning to their pre-COVID state like certain specific rides being scheduled again, more weekend rides, rides without staggered starts, and rides that have unhindered lunch and social gathering. A few just got out of the habit of riding club rides and haven't yet started again.

We received good feedback from the "Comments" section of the poll with over 120 responses. Many of the comments were quite positive or grateful for the club, like "Compliments to Club Leadership, Ride Leaders, and members ...", "I think the club has done a great job", "My first two rides have been great", "I'm glad WW had rides during COVID. It has helped many of us mentally and physically", "Thank you to ride leaders...", etc. Several people pointed out that it is healthy and safe to do physical activities outdoors, some providing links to news articles extolling the benefits ([Washington Post](#), [CNN](#)). A few people took offense at the poll, thinking it inappropriate, an invasion of privacy, or a waste of time. Other comments included constructive suggestions or complaints, too numerous to list here. The board will look at these further.

I want to again thank those who responded to the poll. The data and feedback are useful. The board will consider this feedback in planning events for the club, though need to be mindful of county and state restrictions on gatherings. I hope the vaccination status will help members feel safer about riding with the club.

\*\*\*\*\*



Spring Trek credit: David Coale 2020

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## May 2021 Events Calendar

- 12 Wed. Board Meeting, via Zoom
- 20 Thurs Flat Tyre Deadline
- 21 Fri. Bike Touring Presentation

The *FLAT TYRE* is the monthly newsletter of the Western Wheelers Bicycle Club, Inc., P.O. Box 60367, Palo Alto, CA 94306. To submit articles for inclusion in the *FLAT TYRE*, please send to [Editors@westernwheelers.org](mailto:Editors@westernwheelers.org)

## April Board Meeting Minutes



*(Minutes pending board approval)*

*-Submitted by Patty Koel, Club Secretary*

Date: **Wednesday, April 14, 2021**

Time: **Dinner/social: 6:30 pm**

**Meeting: 7:00 pm**

Location: **Zoom meeting**

### Call to Order at 7:04 pm

**Present:** David Schorow, Peggy George, Patty Koel, Bill Sherwin, Guy Shuman, Vern Tucker, Randall Braun, Mike Rissi, Cindy Asrir, Cathy Switzer, and Vito Mazzarino.

**Absent:** Fran Williams.

### Standing Items

- Date of next meeting - May 12, 2021
- Location of next meeting - Zoom
- Approve the previous minutes - the March minutes were unanimously approved

### Area Lead Updates:

- Sequoia Chair: Randall reported that as of the time of the meeting, we have 133 registered riders for the Sequoi-tual. Several batches of this year's custom jerseys have been ordered and some have been received, and he's been pleased to see a few

out and about worn by registrants. Randall is working on finalizing the routes and making the maps and GPS files, which will indicate locations of restrooms, water fountains and limited food stops. Depending on the number of registrants and the weather forecast, additional water resources and portable restrooms may be added. Randall continues to be in touch with Loma Mar Store in hopes that they will be a resource for drinks and snacks for Sequoi-tual riders. Currently Loma Mar is only providing take out meals. Vito shared statistics about how current registrants heard about the Sequoi-tual this year. 65% were past participants, 40% received club communication about the event, and 13% heard about it from friends. Ride leaders who may be leading Sequoi-tual rides are encouraged to suggest that their riders sign up and order their jerseys by May 1 so they will arrive in time for the event.

- Ride Chair: There are more rides on the calendars these days, many of the regular weekly and monthly rides are back in operation. LDTs are going well and there have been no accidents. This year the Placerville ride has replaced the Cazadero ride due to COVID concerns with group camping. The Eastern Sierra rides are now posted on the website for September and Guy will advertise the rides after completion of the LDT series. A brief discussion was held contemplating when it may be safe to relax COVID restrictions and what the path to going “back to normal” might be. At the present time we are following the protocols set by Santa Clara County.
  - Event Chair: Cindy reported that 75 people had signed up for the movie this Friday. In May, rather than a movie, Bobby Morrison and Dave Marancik will do an online presentation on bike touring with a question-and-answer period at the end. Cindy reported on actions taken to hold our reservations at Shoup Park for the Ice Cream Social on August 1, and held Michaels for our annual party December 5. Arrangements for the Ride Leader’s picnic August 29, and a Holiday lights ride on December 12 were briefly discussed. In October, Cathy will be listing some rides in the Tahoe Truckee area.
  - Flat Tyre Editor: Peggy reported that she has some winners for the mystery photo contest.
- Peggy will provide prizes to the winners. Peggy will be the editor for May. Randall will work on another Sequoi-tual article for May and Cathy will assist.
- Treasurer: Mike presented the financial report through April 12. Mike reported that we now have received the full refund of the deposit we made to Foothill Community College for last year’s Sequoia Century. For this year, the majority of our Sequoi-tual expenses so far have been for jerseys. Other expenses include advertising and storage locker rental. Mike is recognizing the appropriate revenue this year for riders who deferred last year’s payment to this year’s ride. Cindy will work with Mike to get a check to reserve the park for the Ice Cream Social when it’s time. Two years were paid in advance to Wild Apricot for our website in order to get a discount.
  - Membership: Vern reported that we had 16 new members join in the past month (since March 10, 2021), bringing the total to 1009. Membership totals are growing.
  - Webmaster: Vito has updated the website home page to assure that the date stamp for Rider and Ride Leader Statistics is accurate. Vito has updated the copyright dates on the website for current information. The board agreed that going back through all the archival records to update the copyright was not necessary. A notice was received that Go Daddy has purchased our domain registration service and they have promised not to change anything. This will be monitored.
  - Safety Chair: Our policy is that new members receive a copy of the safety booklet, *California Street Smarts*, when they become members. Bill has caught up sending the safety booklet out for new members over the last six months, and now our inventory of safety booklets is very low. The board agreed that Bill should order another carton of booklets. The board agreed the Bill should go forward with scheduling safety training classes with Lori Lee Lown. Noting that our Governor is targeting June 15 as a target date to open up, we will try to get on Lori’s calendar when she has time after that. ACTC also holds a riding academy that has 6 weeks of Saturday classes for

their members. The format and substance of ACTC’s program is different from the training that Lori offers. In appreciation that our riders might want to know about ACTC’s safety academy, we agreed to put a link to their program on our website and to send out a general email to our membership.

**New Business:**

- Cindy volunteered to assist the efforts of Benjamin Lefkowitz’s son to have a new bridge in Palo Alto at Adobe Creek and Highway 101 named for his father. (This year-round over-crossing is replacing the seasonal under-crossing that had previously been dedicated to Benjamin Lefkowitz.) The late Benjamin Lefkowitz was once the President of the Western Wheelers and Sequoia Century Chair and he also endowed the Lefkowitz Awards.
- David attended the Bike Club Presidents’ meeting and reported that some clubs are either still not doing rides at all, or they require 24 hour advance registration for a ride and limit the number of riders. Several clubs have moved their events to the September and October timeframe.
- It was noted that the insurance for the Western Wheelers may exempt class III electric bikes from supplemental medical insurance. Mike pointed out that as a club we’ve been more focused on liability coverage, which is still in effect for all types of bicycles. It was also noted that over the years our insurance has gotten more expensive when measured on a per club member basis.

The meeting adjourned at 9:06 pm.



## Welcome New Members April 2021



*Vern Tucker,  
Membership Chair*

Please welcome the following new members to the Western Wheelers:

Sandy Sans	Los Altos
Michele Santilhano	Menlo Park
Gilliss Dyer	Palo Alto
Rosa Visalli	San Francisco
Blisseth Sy	Dublin
Angela and Kevin Cearns	Los Altos
Jackie Dahigard	Walnut Creek
Christian Roth	Cupertino
Anthony Simon	San Jose
Mark Hill	Palo Alto
Elain & Brian Thaler	San Jose
Leo Du	San Jose
Martin Gothberg	Santa Clara
Roger Stenerson	Sunnyvale
David Lopez	Milpitas
Ellis Berns	San Mateo

## WWBC Bike Touring Presentation

**Friday, May 21 at 7:30 pm**

**Zoom link provided at registration**

Five years ago, **Dave Marancik and Bobbie Morrison (pictured left)** leveraged their backpacking experience to embark on self-contained bike trips with an emphasis on gravel touring. Since then, they have completed trips in Thailand, the Idaho Hot Springs route, the Gira de Costa in Costa Rica, the rail-trail route from Spokane to Missoula, and a self-mapped route from Missoula to Boise.

**Continues on the following page with a registration link.**

## WWBC Bike Touring Presentation, from page 5

Dave and Bobbie will share what they have learned from touring--including the various ways to carry gear, find and plan a route, navigation tools, and their bikepacking method. They will also share a few photos from their trips.

Join us for this fun and informative presentation on Friday, May 21 at 7:30 pm on Zoom. The event is free to Western Wheelers and their friends, but please [register here](#) for the Zoom link.

Hope to see you there!



## Biking for a Cause

*submitted by Nancy Westcott*

I love biking although I'm not the strongest cyclist out there. I'm like the Tortoise and the Hare. Slow but sure....

I decided to show the world the great terrain we have outside our front doors by riding 100+ miles during the week ending March 20, the Spring Equinox. Purpose: To raise awareness and funds for the Alzheimer's Association through a do-it-yourself fundraiser called The Longest Day. I was shining the light on Alzheimer's and all other dementia. My brother-in-law Ernie lived with younger onset Alzheimer's from age 60 until he passed away at age 70. Sadly, many of us have a connection like this.

Over six Ride Days, I tallied up 135 miles on my Spring Equinox Cycling Adventure through the Relive app, a GPS-based way to create a video of ride routes with photos. Friends and family across the U.S. awaited these videos each day. They felt like they "were there",

exploring the Peninsula with me. I added a notable bird sighting (another passion of mine) and an Alzheimer's Fact in each daily report, just for fun.

Check out my Day 1 Ride Video:

<https://www.relive.cc/view/vr637eomwd6>

I have raised almost \$12,500 for the Alzheimer's cause so far.

I share this with my Western Wheelers community for two reasons: 1) in case you hadn't heard about Relive, it's pretty cool to chronicle your rides, runs or hikes (the basic package is free), and 2) if you have a connection to Alzheimer's or another dementia, consider dedicating a ride or series of rides as your own Longest Day fundraiser. It's easy at [alz.org/thelongestday](http://alz.org/thelongestday).

If you'd like to see my other videos or Ride Day emails, please email me at [nvwestcott@gmail.com](mailto:nvwestcott@gmail.com).

**Happy Riding!**

Nancy Westcott



## May Safety Tip: If you see something, say something

*David Schorow, Club President*

*Ride as much or as little, or as long or as short as you feel. But ride.*

~ Eddy Merckx

In September 2019 Tom Ockenden was riding with other Western Wheelers, heading north towards the Don Burnett Bridge over 280 from Mary Avenue. Tom got tangled in the narrow gap between the right hand white pole (bollard) and the fence on the right side of the bridge. His helmet hit one of the upright fence supports and twisted his head, resulting in the fracture of his second cervical vertebrae in his neck. Tom had to wear a neck brace for three months and was unable to ride for an extended period of time.

Not content to attribute this crash to misfortune, Pete Letchworth examined whether dangerous conditions on the entrance to the bridge contributed to the crash. His first thought was that the white poles blended into the bridge backdrop, so were not sufficiently visible, a simple problem that could have been addressed with a splash of orange paint. But working with Alan Wachtel together they found a section in the [CalTrans Highway Design Manual](#) with 11 guidelines governing the use of bollards in such a situation. The bollards on the Don Burnett bridge violated 6 of these guidelines! Chief among them, bollards should be:

- Yielding to minimize injury to bicyclists and pedestrians who may strike them.
- Reflectorized for nighttime visibility and painted ... in a bright color to enhance daytime visibility.
- Spaced to leave a minimum of 5 feet of clearance between obstacles ...
- Positioned so an even number of bicycle travel lanes are created [odd number of bollards] ...

The Don Burnett bridge had two white rigid poles at each end of the bridge, creating three lanes, each less than five feet across!

Pete wrote letters to various Cupertino officials. He followed up with more letters when there was a lack of action related to his earlier correspondence. The issue was belatedly taken up by the Cupertino Bicycle Pedestrian Commission in mid-2020 which approved changing the configuration to a single bollard at the centerline on both sides of the bridge. The work was supposed to be completed by the end of 2020 but was finally completed in February of this year.



*Pete next to the highly visible, single bollard on the Don Burnett Bridge entrance*

We can all follow Pete's lead. **If you see a situation that is dangerous for cyclists such as a bridge or road design or any kind of road hazard, report it to the appropriate agency.** SVBC maintains a [web page](#) with contact info for different regions and agencies that can be used to report the hazard. Persevere to get your issue resolved. The cycling community will benefit from your efforts.

Thankfully, Tom fully recovered from his crash and his cheerful presence is again enjoyed by his fellow cyclists on club rides.

*Note: The Safety Tips are published on the [Western Wheelers website](#) under menu SKILLS AND SAFETY. That page also supports commenting on the published tips.*



## Sequoi-tual 2021

### Hello Wheelers!

Our Sequoi-tual 2021 fundraising event is fast approaching, and as of this writing our registrations for this year's event are well over 150 and climbing! Please get the word out to as many local and nearby cyclists as possible by sharing this info with all your cycling friends. No matter the route length or day you choose, it will be a great day to ride!

Instead of the usual century event with our famous Start/Finish and Rest Stops, we're hosting a unique DIY Hybrid event, spaced over the first week of June. This year, the registration fee covers four bases:

1. Up-front costs such as printing and advertising.
2. Week-of support costs like route marking and food items at two or more coastside locations.
3. A unique and colorful custom Voler jersey!
4. Most importantly, net proceeds will be donated to these three coastside organizations: [Puente de la Costa del Sur](#), [La Honda Volunteer Fire Brigade](#) and [Abundant Grace Coastside Worker](#). We'll also donate to local cycling organizations like [Silicon Valley Bicycle Coalition](#). No proceeds will go to Western Wheelers Bicycle Club.

It looks like we can truly see "the light at the end of the tunnel" this summer. [Sign up](#) for this year's ride and gather a group of your cycling buddies to all ride over the hill and enjoy the amazing challenges and vistas our beautiful area has to offer! There will also be some WW group rides doing Sequoi-tual routes, posted on the ride calendar.

The [Sequoi-tual website](#) will have downloadable Rides with GPS info and printable maps and cue sheets for the 72 mile "basic route". We also offer a few options which either add or remove some mileage.

Last year's Sequoia was scuttled by the pandemic, but one ingredient we're excited to share with our cycling community this year is the beautiful [Loma Mar Store & Kitchen](#)! Located about six miles east of Pescadero, the store will be fully re-opening very soon. Enjoy delicious food from their kitchen, cold and hot drinks, and a large patio deck to relax and enjoy them afterwards or stop in mid-ride! We're planning to have an AM coffee stop there on one or more days of the Sequoi-tual week, included in your reg fee.

If you would like to volunteer to help with the week-of support on The Sequoi-tual, please email us: [sequoia@westernwheelers.org](mailto:sequoia@westernwheelers.org)

*The Sequoi-tual 2021 team.*

EARLY JUNE 2021  
LOS ALTOS, CA  
CHALLENGINGLY BEAUTIFUL  
ROUTE OPTIONS  
FROM 63-100 MILES  
SEMI-SUPPORTED  
REGISTRATION FEE  
INCLUDES A JERSEY!

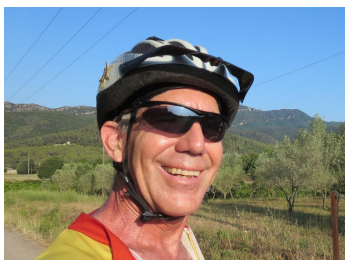
westernwheelers.org/sequoia





## LDT Corner

*Guy Shuman – LDT  
Coordinator*



The 2021 Long Distance Training Series will conclude on Memorial

Day, but there are still five fabulous weekends left so let's enjoy the sunny spring weather! We'll kick it off with our **Skyline LDT** on May 1<sup>st</sup>. Note that the D and E routes had to be revised for this year because Big Basin State Park remains closed after the tragic fires of 2020 – see online schedule for details. The following weekend we tackle the first of the three highest Bay Area peaks with our excursion up **Mt. Diablo** with its fabulous views.

The **Sierra Foothills LDT Weekend** on May 14<sup>th</sup> - 15<sup>th</sup> explores the hills south of Placerville, as well as visiting the apple orchards north of town on Sunday. This weekend replaces **Cazadero**, which was canceled for 2021 due to lingering COVID concerns with group camping.

The LDT series then concludes with climbs of **Mt. Tamalpais** on 5/22 and **Mt. Hamilton** on Memorial Day (Monday). These rides all involve long climbs, but none are super steep and are suitable for B through E riders. They are beautiful rides with fantastic views of the Bay Area and Pacific Ocean (and sometimes the Sierras)! See online schedule for ride details.

We've reserved our usual group campsite for the "**Fall Napa Valley LDT**" on October 1<sup>st</sup> – 3<sup>rd</sup>. We'll explore the Napa Valley on this fun 3-day camping excursion. There are also local hotel options, but they can be pretty pricey in autumn. Save the dates on your calendar – detailed info coming soon...

Another upcoming club event is our annual **Eastern Sierra Escape**, co-organized with our sister ACTC club, on September 7<sup>th</sup> – 19<sup>th</sup>. This challenging two week excursion is a fun and social early Fall trip – join for all or just a portion. Check the online schedule for details/registration.

## 2021 (LDT) RIDE SCHEDULE:

(subject to change due to COVID restrictions)

Details for each ride: [Web Site Ride Schedule](#).

1- May	Skyline
8-May	Mt. Diablo
<b>15-May</b>	<b>Sierra Foothills (2-3 day)</b>
22-May	Mt. Tamalpais
31-May	Mt. Hamilton ( <b>Monday - Memorial Day</b> )

## April Mystery Photo Result



On April 1 we had five correct responses for this photo. The specific location on Juniper Serra was named by the following members.

In order of appearance they are:

1. **\*Jeff Orum (March 31)**
2. **Adrienne Harber**
3. **Linda Vanderhule**
4. **Ricki McGlashan**
5. **Fran Williams (April 1)**

\*First place winner

Thanks to everyone for your responses. Your participation is noted for an end year tally.



## May Mystery Photo Contest

If you think you know where this photo is located, send your guess to [editors@westernwheelers.org](mailto:editors@westernwheelers.org) to win a prize. Thanks to Robin Jeffries for the photo.

\*\*\*\*\*

## Guidelines for joining Western Wheelers Club Rides - Updated February 1, 2021

### **Western Wheelers Club Rides Now Permitted within Guidelines as noted below**

Western Wheelers club rides are permitted in all counties. Rides in San Francisco are limited to riding groups of twenty five (25) people or fewer. Ride leaders will be responsible for splitting riders into multiple groups with staggered starts as necessary to maintain proper social distancing.

### **Risks, Privacy and Safety**

There is risk in all gatherings, since people without symptoms can transmit COVID-19. Participation in club rides is voluntary. Members assume the full and complete risk that is associated with exposure to and infection by COVID-19 during such participation. Please note that in the event Western Wheelers is asked by the department of public health for a list of riders participating in any club ride for purposes of Covid-19 exposure tracing, Western Wheelers will comply with such requests.

In order to keep our riders safe and stay in compliance with local regulations, the following guidelines are now in effect for all club rides. Ride leaders are being directed to ask riders not in compliance to leave the ride. As we navigate these changes during the ongoing pandemic, club rides will be open to

Western Wheelers members only. Learn about [becoming a member](#).

If you are sick, do not come on club rides. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2–14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### **Ride Guidelines:**

1. **Riders must maintain a safe distance from each other at all times - minimum of six feet or use the two second rule to determine safe distances** Conditions such as headwinds or downhills may necessitate wider distances. Use good judgment and follow ride leader directives.
2. All riders must have a face covering (eg. mask, bandana, neck gaiter/buff or other without vents) to be worn at the start of each ride and when you encounter a situation in which you are not able to maintain six feet of distance from anyone outside your household (eg. during regroup, red lights, passing other cyclists).
3. Signing up at the start of each ride is mandatory to facilitate contact tracing if a rider becomes ill. The ride leader will take down riders' names. Please maintain a 6' distance from the ride leader and each other at the ride start. If you join the group along the route, please contact the ride leader to be added to the rider list.
4. Riders are encouraged to download routes or print route sheets, if available, before the ride.
5. In order to maintain proper distancing during rides, drafting and pace lines will not be permitted on Western Wheelers rides.
6. No spitting or blowing noses into the air during rides.

Availability of water and restrooms may be limited so plan your intake and distances accordingly.

Hand sanitizer will not be provided by Western Wheelers. Each rider is expected to pack sanitizer, wipes, tissues and any other products required for his/her safety and comfort.

*Updated February 1, 2021*

# Western Wheelers Ride Information

## DETAILS OF RIDE CLASSIFICATION: The format of the ratings is:

PACE/HILLINESS (total climbing if known) /DISTANCE

**PACE (A-F):** Indicates the average speed while riding, with A being the slowest and F being the fastest. Non-riding time is not counted, so rides with long stops may have the same average speed as rides with short stops

**HILLINESS (0-5):** Rates the terrain based on the average feet climbed per mile for the entire ride. This is the ratio of the total climb to the total distance, all divided by 25.

Hilliness Rating	0	1	2	3	4	5
Average Climb (Feet/Mile)	0	25	50	75	100	125

The longer, steeper and more frequent the hills, the higher the hilliness rating and the slower the average speed. However, a low hilliness rating does not guarantee that a ride contains no long or steep hills, because the rating could be diluted by flat stretches around the hills. If a ride contains an unusually challenging hill for its hilliness rating, an exclamation point (!) is appended to the hilliness rating. The ride description should provide more details. It is possible but rare to have a hilliness rating greater than 5.

**AVERAGE SPEEDS:** The average speeds (mph) for the different pace and hilliness ratings are:

### HILLINESS RATING

Pace Rating	0	1	2	3	4	5	Average OLH Time
A	10	9	8	NA	NA	NA	NA
B	12	11	10	9	8	7	43-54 min.
C	14	13	12	11	10	9	34-43 min.
D	16	15	14	13	12	11	27-34 min.
E	18	17	16	15	14	13	22-27 min.

If the pace rating letter has + or - appended to it, the average speed is changed by 1 mph.

**CHOOSING YOUR RIDE:** The speeds in the above table may seem low because you know you can ride faster at times. Remember, however, that the numbers represent the average speed for the entire ride. Don't attempt rides beyond your ability. If you are taking your first club ride, err on the conservative side. Novice cyclists are welcome on A rides. A, B, and C rides are typically more leisurely and have more regroupings than D, E, and F rides, which are brisker-paced rides for more experienced and self-sufficient cyclists.

If you are unsure which group to go with on hilly rides, time yourself up Old La Honda road, and compare your time with the time ranges shown in the above table. If your time is within the range for a certain group, you can feel comfortable riding with that group on hilly rides. Note that the OLH time does not refer to your personal best time, but to the time in which you can comfortably climb Old La Honda, and perhaps not just once, but repeatedly, because that is the pace the group will be maintaining all day on multiple climbs.

If you choose to ride with a slower group, you should not expect them to speed up for you, and if you choose to ride with a faster group, you should not expect them to wait for you.

**RIDE RATING EXAMPLES:** "C+/2/40" indicates a 40-mile ride with about 2000 feet of climbing, ridden at an average speed of 12 mph. "E/4!(9700')/100" indicates a 100-mile ride with 9700 feet of climbing, some of it very steep, ridden at an average speed of 13 mph.

**WEATHER CONSIDERATIONS:** Rides may be canceled if rain seems likely during the ride. If in doubt, contact the ride leader.

**RECOMMENDED EQUIPMENT:** Please try to bring basic tools, sunglasses and sunscreen, water bottles, food or food money, a first-aid kit, phone charge or cellphone, "layered" clothing, etc. Bright clothing recommended.

### COMMON LOCATIONS – Please check ride listings for other locations

**GUNN HIGH SCHOOL** main entrance is on Arastradero Rd. just east of Foothill Expressway in Palo Alto. Meet in the parking lot AWAY FROM BUILDINGS. Don't use this location when school is in session.

**McKENZIE PARK** Between Loyola Corners and Springer/Magdalena (Rancho Shopping Center) on Fremont Ave.

**BURGESS PARK** (Menlo REC. Center) is between Alma and Laurel Streets at Burgess Dr. (near Ravenswood Ave) in Menlo Park. Meet on Alma side unless otherwise specified.

**PEERS PARK** in Palo Alto is on Park Blvd located just north of California Ave. Caltrain Station. Note: There is a car barrier just South of the park on Park Blvd.

**SHOUP PARK** is in Los Altos, on University Ave. near Main Street, off Foothill.

**SUNNYVALE COMMUNITY CENTER** is at Manet and Remington in Sunnyvale. Meet at the south side of the complex.

### IMPORTANT

- Helmets and brakes are required on all rides
- Unsafe bicycles are not allowed.
- Earbuds and Headphones are not allowed.
- For insurance reasons, only club members may lead rides.



## May 2021 Weekly and Repeating Club Rides

### *Every Monday*

**BCD/1/26 JAVA JIVE FROM SAN MATEO.** The Monday morning ride for bicyclists who live in the northern cities of the Peninsula is growing in numbers. It is a flat (except overpasses) route to Peets Coffee in Menlo Park for coffee. We return at a social pace through the quiet, residential streets in Menlo Park, Atherton, Redwood City, San Carlos, and Belmont. The Hill Climbers' Option adds 12 to 16 miles to the ride. Meet at Los Prados Park at 8:30 am for departure at 8:45 am. Directions: From 101, drive east on Hillsdale Blvd., take the first right on Norfolk St. and right again on La Selva; take the first left onto Casa de Campo. The Park is on the left. For more information, contact [Tom Schnurbusch](#). Rain/muddy conditions cancel.

**DE/1/28 JAVA JIVE DOUBLE ESPRESSO.** Meet at 9:00 am and jump out of the starting blocks at 9:15am with a fast ride to enjoy coffee at Peet's Coffee in Menlo Park. We will work our way back along the foothills after coffee. No sweep; one socially distanced regroup for coffee. Meet at the Bicycle Outfitter, 963 Fremont Ave (Loyola Corners), Los Altos, near the corner of Fremont, Miramonte and Foothill Expwy. Leaders: David Fitch and Cathy Switzer. Route: [BO28 Java Jive Double Espresso - A bike ride in Los Altos, CA](#)

**C/1/24 MONDAY MORNING MOCHA MOOCH.** Start your week with a fast or easy ride (you decide) to Menlo Park. Pace along Foothill Expressway is quick, but feel free to ride at a

slower pace and meet us in Menlo Park. We'll get take-out coffee at Peets at University and Santa Cruz, consume it at the park across University, and then head back via different routes depending on the week (see ride schedule for details/route sheets). Meet at 9:15 for a 9:30 am departure at the Lucky Supermarket parking lot (2175 Grant Road, Los Alto, CA) Cross streets are Foothill Expressway and Arboretum. Ride Leaders: David Schorow (408-314-3769, email in member directory) and Jim Takasugi (408-391-2057, email in member directory) share leadership on this ride.

### **A/0/15 SOCIALLY PACED MONDAY MORNING**

**COFFEE RIDE** If you are not ready for the faster pace of the other Monday morning coffee rides until after you've had your coffee, then this ride might be just right for you. Meet [Pam Putman](#) and [Pat Elson](#) at Rengstorff Community Center, 201 S. Rengstorff Ave., Mtn. View. Meet at 8:45 for a 9:00 am departure for coffee at the Peet's Coffee in Menlo Park. We'll travel at a mild, social and comfortable "A" pace through residential neighborhoods to reach our destination; Nobody left behind, we are all in this together. Masks required and social distancing to be respected. After purchasing our coffees we'll go to the park across the street from Peet's to have a proper, socially distanced visit while sipping our libations. The ride is expected to last almost 3 hours returning to Rengstorff Community Center around 11:50 am. Expect the Bluebird of Happiness to be riding along with Pam. Rain cancels. NOTE: Due to the Community Center being used as a vaccination site we are temporarily unable to use the main parking lot. If driving to the start please park on neighborhood streets across Rengstorff Avenue and plan extra time to park.

### *Every Tuesday*

**CD/2/30-35 SHAW-BLASBERG'S TUESDAY LOOP RIDE.** Peter B. has now retired from leading this ride. In honor of his many years of dedicated service we have named the ride after him and Carol Shaw, who created this ride with him many years ago. The immortal words of his ride description will be retained here, mostly intact. So here we go: Retired, home executive, between jobs, playing hooky? We'd love to have you join us each Tuesday during the year, rain or shine, at the Starbucks parking lot in the Westmoor Shopping Center in Sunnyvale, corner of Fremont and Mary. The route is a variation of the Portola loop with lunch stops at various eating places in the Palo Alto area. There are hilly C and D routes as well as a flat route. All rides meet at 10:45 a start time of 11:00 am. The hilly route varies through the month. See the online Ride Calendar for links to routes in Excel and PDF formats. Leader: [Vern Tucker](#) home 408-730-2548, cell 408-893-6008. GPS Files: [Tuesday Loop GPS Files](#)

**C/3/15+; D/4/15+ TUESDAY EVENING RIDE** Join us after work every Tuesday evening for a backroads tour of Woodside and environs, including some moderate hills. Meet in the parking lot behind the Pioneer Saloon in downtown Woodside.

(START TIMES WILL CHANGE THROUGH THE SEASON - CHECK ONLINE LISTING). Ride leader and route sheet vary from week to week. Measurable rain cancels. Please equip your bike with front and back lights for added safety in evening low light conditions. Exact ride details, including ride withgps routes, will be posted to the wwbc-rides email list on the day before. Ride coordinator: [Richard Exley](#) (650-704-3801).

### **Every Tuesday through Saturday**

**BC/0/23 SEAL POINT/REDWOOD SHORES.** Meet [Tom Schnurbusch](#) at the north end of Seal Point Park in San Mateo by the parking lot and bridge for a ride from Seal Point Park via bay trail and streets down to and through Redwood Shores. Regroup and coffee at the MarketPlace on Redwood Shores Parkway, taking the Electronic Arts cross street exit to the MarketPlace. Continue down Redwood Shores Parkway to the end and return to Seal Point Park. This no-drop ride will take place daily from Tuesday through Saturday. Meet by 8:45 am and depart by 9:00 am. Rain cancels.

### **Every Wednesday**

**D/3-4/35-65 HILLS R US.** This is a social-paced D ride with regroup; faster riders are welcome to form a D+/E group. Route often includes Hwy 9, Page Mill, Old La Honda, Kings Mountain, West Alpine or Tunitas Creek. Always be prepared for variable weather on Skyline. Foul weather in the hills keeps the ride in the valley. Rain cancels. See online ride schedule for starting time/location/route/COVID procedures/leader contact information.

**CD/2-3/15-30 WEDNESDAY EVENING HUMP-DAY RIDE** Join [Sarah](#) for a fun ride of the Peninsula and Woodside lumps and bumps and get rid of your mid-week slumps!! We will meet at the Pioneer Hotel in Woodside. (START TIMES WILL CHANGE THROUGH THE SEASON - CHECK ONLINE LISTING). Routes will change each week. We can break up into multiple C and D groups of up to seven people each to maintain social distancing. We also plan to incorporate some hill repeats into our repertoire - so be prepared to get pumped up!! Front and back lights are strongly recommended during the winter/spring months since we may be returning around dusk. Please contact [Sarah Coyle](#) at (650-454-5890) if you have any questions. Heavy rain cancels.

### **Every Friday**

**B/2/30-50 FRIDAY B RIDE** Meet [Louis Rustenburg](#) (408-420-0443) every 1st and 3rd Friday and [Vern Tucker](#) (408-730-2548) every 2nd and 4th Friday at 10:00 AM at McKenzies Park for a 10:15 AM ride start. Leader alternates if there is a 5th Friday in the month. Rides will be a mix of hills and flatter residential roads, with a lunch stop along the way. (Bring or buy)

### **The second Sunday of every month**

**B/2/24 2ND SUNDAY – JEFFERSON LOOP.** Monthly ride to Jefferson, Hillcrest and Lakeview via Manzanita, Albion and Cañada. Lunch is at Sancho's Taqueria (cash only) and will return via Alameda de las Pulgas. Social pace with regroup. Meet at Burgess Park in Menlo Park at 10:00 am, for 10:15 departure. Estimated return 2-2:30pm. Leader: [Mike Jenkins](#) (408-239-6131) . Rain cancels. Route sheets/Maps: <http://westernwheelersbicycleclub.memberlodge.com/page-1863579>

**C/2/27 2ND SUNDAY RWC CROSS.** Monthly ride to the Redwood City Cross via Tripp, Cañada and Godetia. Optional Huddart Park Loop and return via Alameda de las Pulgas. Bring snacks/lunch to enjoy at a regroup. This is a social-paced ride with regroup, but faster riders are welcome to form a separate C+ group at the start. Meet at Burgess Park in Menlo Park at 10:00 AM for 10:15 AM departure. Please ensure social distancing at the ride start as the ride leader captures riders names and sends out groups of up to 15 riders each. Estimated return 2-2:30pm. Leader: [Howard Koel](#) (650-302-1053). Rain cancels. Route sheets/Maps: <http://westernwheelersbicycleclub.memberlodge.com/page-1863579>

### **The fourth Sunday of every month**

**Note: The B & C groups now meet at different times to reduce congestion at the start.**

**B/2.5/25 4th SUNDAY - SARATOGA.** Hello Social "B"s. Join us on a leisurely ride heading up Mt. Eden, then meandering through The Maze to downtown Saratoga where we will stop for a snack break in a local park (bring - no place to buy) before heading back via Seven Springs Parkway. Meet at McKenzie Park in Los Altos (near tennis courts) at 10am for 10:15 departure. Rain cancels. Check ride calendar for leader information. Route sheet: [4th Sunday B Ride \(Saratoga\)](#) or GPS: [Map/GPS File](#)

**C/3/35 4th SUNDAY - LOS GATOS.** Monthly ride to Los Gatos via Mt. Eden, Pierce, and Villa Montalvo. Lunch in the park in Los Gatos (bring or buy) and return through the Maze. This is a social paced ride with mandatory regroup, but faster riders will form a separate C+ group at the start. Meet at McKenzie Park in Los Altos at 9:45am for a 10:00am departure. Check ride calendar for leader information. Rain cancels. Route sheets/Maps: [4th Sunday C Ride](#).

**NOTE: To manage group sizes, club rides are currently open to Western Wheelers members only. Learn about [becoming a member](#)**

Any Western Wheelers club member can propose a Ride by using the online Ride Listing Assistant on the Ride Leaders Resources page found [here](#) or by sending a ride description containing complete details to:

[addride@westernwheelers.org](mailto:addride@westernwheelers.org)

Be sure to include date, title, start time/place, distance, rating, lunch arrangements, and your phone/email contact information. The earlier you list your ride, the more participation you are likely to have. There is no strict deadline, but please try to submit your ride at least two days before the ride. Do NOT email your listing directly to the email list(s).

Log in [here](#) to read/post/subscribe to our club email list for ride cancellations, road conditions, and miscellaneous club ride topics.

